DOCUMENT RESUME

ED 403 992 PS 024 891

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TITLE Solo Parenting: Raising Strong & Happy Families.
REPORT NO ISBN-1-57749-008-8
PUB DATE Jan 97
NOTE 192p.
AVAILABLE FROM Fairview Press, 2450 Riverside Avenue, Minneapolis, MN 55455 ($19.95); telephone: 1-800-544-8207.
PUB TYPE Books (010) -- Guides - Non-Classroom Use (055)

EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS Career Development; Child Custody; Child Development; *Child Rearing; Child Support; Discipline; Divorce; Emotional Response; Financial Needs; *Financial Support; *One Parent Family; *Parent Child Relationship; Parent Influence; *Parenting Skills; Remarriage; *Self Actualization
IDENTIFIERS Parent Needs; *Single Parents

ABSTRACT

One quarter of all American children will live in a single-parent family for at least some portion of their childhood. This guide, organized as a step-by-step process, encourages single parents to reach for excellence in their parenting and to build confidence in their ability to raise healthy, responsible children. The chapters are intended to follow a pattern consistent with the growth and emotional readiness experienced by most single parents. Part 1 of the guide, "Preparation," contains chapters on overcoming fear, reframing the situation, and turning negative emotions into positive steps. This part is designed to coincide with the initial weeks and months of single parenthood. Part 2, "Self-Development," addresses career goals, financial concerns, and self-esteem, areas that are seen as first steps in dealing with parenting issues. Part 3, "Child Development," is intended to help parents improve children's chances of success by looking at discipline and responsibility, financial welfare, and the parent-child relationship. Appendices include worksheets on finances, personal resources, and expectations for children, and a resource guide for more detailed help in various areas. Contains 27 references. (EV)

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